metro

PHILLY'S PREMIER MEDICAL MARIJUANA DISPENSARY

CURE

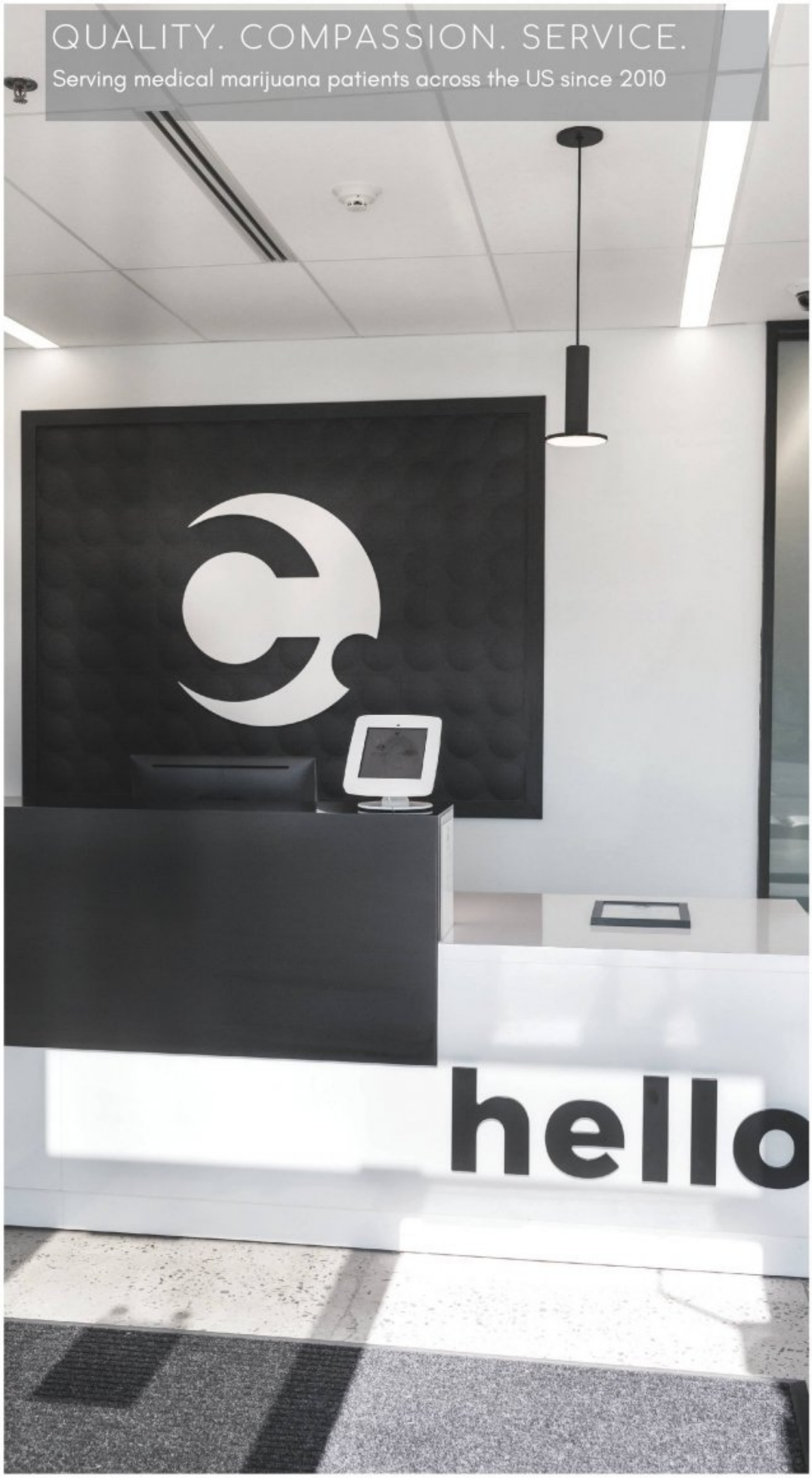
NOW OPEN
4502 City Ave
Philadelphia
at
Belmont Ave

Pharmacists on site for consultations.

curepenn.com
#FindYourCure

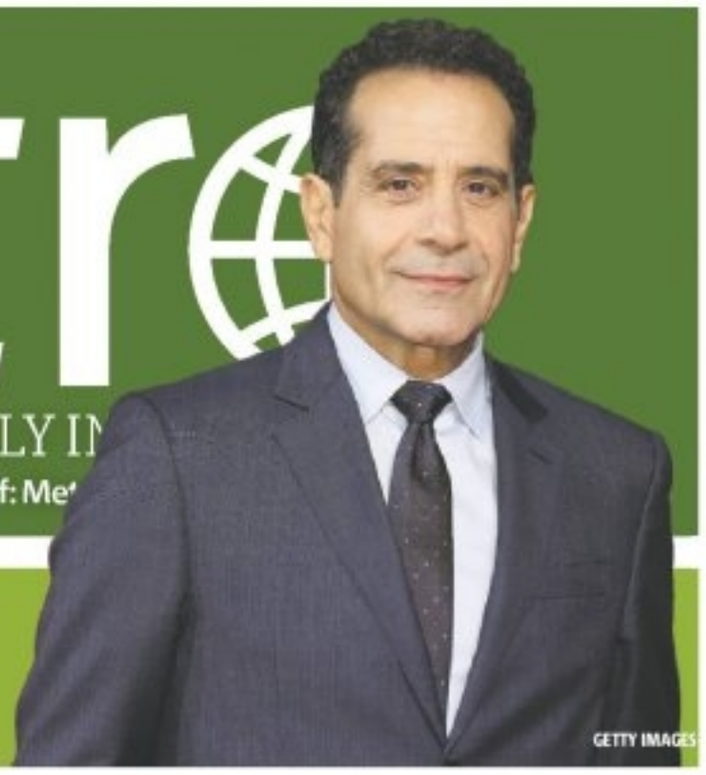
Plenty of FREE parking.
Open 7 days a week.

Cure Penn



Need an MMJ Card?
Visit
curepenn.com
to learn how.

metro
PHILADELPHIA NO. 1 FREE DAILY IN
Tuesday, December 4, 2018 metro.us | t: MetroPhilly | f: Me


GETTY IMAGES

MR. MARVEL

Tony Shalhoub on the "ripple effects" of "Marvelous Mrs. Maisel." 13

ISTOCK

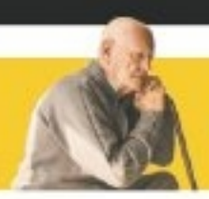
Your guide to the best Repeal Day cocktail deals in Philly. 14-15

PFAS water contamination concerns voiced at state hearing. 8-9

A TIME FOR MOURNING

President Donald Trump declared Wednesday a national day of mourning as George H. W. Bush's casket arrived in Washington, D.C., on Monday, where he will lie in state for three days until his funeral. 4, 6-7

GETTY IMAGES


ISTOCK

Four innovative ways to combat loneliness. 18

4 THINGS TO KNOW

WELCOME TO METRO PHILLY

JEFF TOMKO, NEWS EDITOR

This Wednesday marks the national day of mourning to honor former President George H.W. Bush, who died Friday, Nov. 30, at the age of 94. For me, his death is uniquely personal as he was in the White House when I was a young intern working on Capitol Hill. Admittedly, it was a different era in Washington — still rough-and-tumble politics — but he was known to reach across the political aisle while pledging to make the United States a "kinder, gentler" nation. To quote the U.S. Navy in tribute to Bush: "Fair winds and following seas, Sir. We have the watch."

Read more inside and at metro.us.

TRUMP EXPECTS TO RAISE CHINA TARIFFS: WSJ

1 President Donald Trump said on Monday he expected to move ahead with raising tariffs on $200 billion in Chinese imports to 25 percent from the current 10 percent and repeated his threat to slap tariffs on all remaining imports from China. In an interview with the Wall Street Journal four days ahead of his high-stakes meeting with Chinese President Xi Jinping in Argentina, Trump said it was "highly unlikely" he would accept China's request to hold off on the increase, which is due to take effect on Jan. 1. "The only deal would be China has to open up their country to competition from the United States," Trump told the Journal. "As far as other countries are concerned, that's up to them." Trump, who is due to meet Xi on the sidelines of a G20 summit in Buenos Aires this week, said that if negotiations were unsuccessful, he would also put tariffs on the rest of Chinese imports. "If we don't make a deal, then I'm going to put the $267 billion additional on" at a tariff rate of either 10 percent or 25 percent, Trump told the Journal. A Chinese official told reporters last week that the two leaders would look to set guidelines for future talks.

SPACEX LAUNCHES BIGGEST US 'RIDE-SHARE' MISSION

2 Elon Musk's SpaceX launched a Falcon 9 rocket from California on Monday carrying 64 small satellites into low orbit around the Earth, which the company called the largest-ever "ride-share" mission by a U.S.-based rocket. The mission, dubbed SSO-A, also marked the third voyage to space for the same Falcon 9 rocket — another milestone for SpaceX's cost-cutting reusable rocket technology. The Falcon 9 blasted off from Vandenberg Air Force Base in California at 10:34 a.m. local time carrying satellites from 34 different companies, government agencies and universities, including the University of Illinois. SpaceX said the mission was "one of the most complex and intricate endeavors" for Seattle-based startup Spaceflight, the ride-share company that arranged passage for each satellite maker. The mission comes days after India fired a rocket carrying 31 satellites into space. After the launch, the Falcon 9's first-stage booster returned to Earth as planned, landing on a ship off the coast of southern California, according to a live video of the flight.

CONGRESSIONAL LEADERS HOST ARRIVAL CEREMONY AT CAPITOL FOR LATE PRESIDENT GEORGE H.W. BUSH

3 The flag-draped casket containing the remains of former U.S. President George H. W. Bush lies in state in the U.S. Capitol Rotunda on Monday in Washington, D.C. A WWII combat veteran, Bush served as a member of Congress from Texas, ambassador to the United Nations, director of the CIA, vice president and 41st president of the United States. A state funeral for Bush will be held in Washington over the next three days, beginning with his lying in state in the rotunda until Wednesday morning.

GETTY IMAGES

AVOCADOS REMOVED FROM UK RESTAURANT MENUS

4 Avocados may be falling out of favor with some restaurants in Britain as they move to ban the trendy food from their menus, amid environmental and land concerns. The fruit has gained popularity in Britain, becoming synonymous with hipster hangouts and millennials. Now, some cafes in Britain are ditching avocados on ethical grounds, claiming that the water-intensive fruit is harming farmers and land in regions such as South America where is it grown. "The Western world's obsession with avocado has been placing unprecedented demand on avocado farmers," wrote Wild Strawberry Cafe on its Instagram page, stating that serving the fruit no longer aligned with its ethos. "Forests are being thinned out to make way for avocado plantations. Intensive farming on this scale contributes to greenhouse emissions by its very nature & places pressure on local water supplies." The announcement received mixed reviews, with some calling for restaurants to go further and ban ingredients such as meat, matcha and almonds, while others suggested that the move was a cynical marketing ploy.

TONY'S METRO MAGIC 2018

Tony's METRO MAGIC

As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish-list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

metro.us/magic

PSST... YOU'VE GOT PERKS

I PHILLY

ISEPTAPHILLY.COM/PERKS

ADHD

ARE YOU AN ADULT WHOSE LIFE IS BEING AFFECTED BY SYMPTOMS OF ADHD?

If you are restless, easily bored and jump from one task to another, you may be interested in participating in a clinical research study of an investigational medication for adults 18 to 55 with ADHD.

Qualified Participants May Receive Study-Related:

- INVESTIGATIONAL MEDICATION • FOLLOW-UP VISITS
- COMPENSATION FOR TIME AND TRAVEL

CENTER FOR EMOTIONAL FITNESS
CHERRY HILL, NJ

866-DOC-LEON

Still feeling symptoms of Depression after having taken a prescription Antidepressant?

If so, participating in our medical research study of an investigational drug may be an option for you.

To participate in this research study, you must:

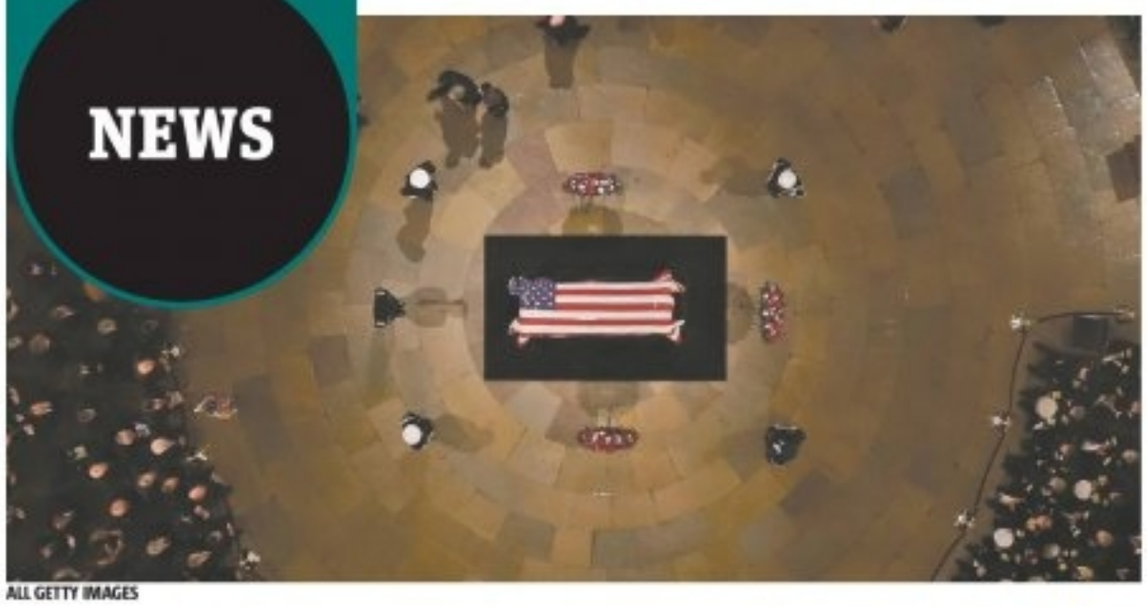
- be experiencing a depressive episode of at least 8 weeks but less than 2 years in length
- be at least 18 years of age
- have had inadequate relief from 1 or 2 antidepressants

There is no charge to participate in our study, and compensation for time and travel may be available.

For more information, please contact:

Center for Emotional Fitness – Cherry Hill, NJ

866-DOC-LEON



ALL GETTY IMAGES

Wednesday declared 'day of mourning'

President Trump's declaration for Wednesday will honor the passing of former President George H.W. Bush. But what does a day of mourning entail, and who's eligible?

MICHAEL MARTIN
letters@metro.us

President Trump has declared Wednesday a national day of mourning to commemorate former President George H.W. Bush, who died Friday at age 94. It will coincide with the state funeral for the 41st president, which will be held at the Washington National Cathedral beginning at 11 a.m.

It's officially a national holiday: Flags will fly at half-staff, government offices will shutter, and there will be no trading on the Dow Jones or Nasdaq. The Post Office will be closed, and the Supreme Court has postponed arguments for one day.

In the U.S., a national day of mourning has historically been reserved to mark the death of former commanders-in-chief.

The last national day of mourning was declared by President George W. Bush to mark the passing of former President Gerald Ford at age 93. On that day of mourning, Jan. 2, 2007, flags were lowered to half-staff and the financial markets were closed.

Flags flew at half-staff for 30 days. Trump has ordered the same tribute for the first President Bush.

George H.W. Bush served one term from 1989 to 1993, when he was succeeded by President Bill Clinton. But the elder Bush had extensive history in the upper echelons of government: He was appointed U.S. ambassador to the United Nations under President Nixon and U.S. ambassador to China; then director of the CIA, under Ford; then served eight years as Ronald Reagan's vice president. He died in Houston on Friday night after years of declining health, about eight months after former first lady Barbara Bush died at age 92.

Former President George W. Bush released a statement about his father on Friday night. "George H. W. Bush was a man of the highest character and the best dad a son or daughter could ask for," he said. "The entire Bush family is deeply grateful for 41's life and love, for the compassion of those who have cared and prayed for Dad, and for the condolences of our friends and fellow citizens."

President Trump and first lady Melania Trump are expected to attend the senior Bush's funeral on Wednesday. George W. Bush will eulogize his father. Presidents Barack Obama, Bill Clinton and Jimmy Carter are also expected to attend, along with all former first ladies, except for Rosalynn Carter, CNN reported on Monday.

Severe Injury · Cerebral Palsy
Cancer · Medical Mistakes

· Brain Injury
· Doctor Mistakes
· Paralysis
· Obstetrical Mistakes
· Amputations
· Wrongful Death

Speak with a Harvard and Yale trained Doctor-Lawyer

Over $100 million recovered as co-counsel

Former Assistant Professor at Harvard Medical School

Former Attending Doctor at Harvard Teaching Hospitals

Named one of Rising Stars & Super Lawyers by publisher of Philadelphia Magazine

Member of the Multi-Million Dollar Advocates Forum

www.tymdjd.com

Law Offices of Tai Y. Wong

215-592-9750

Free initial consultation. No Recovery-No Fees.

1101 Market Street, Aramark Tower, Suite 2820, Philadelphia, PA 19107

ABUSED by CLERGY in PHILADELPHIA?

Advertising

If you are a survivor of child sexual abuse, we can help.

Contact us now about the Archdiocese of Philadelphia's Compensation Program.

JEFF ANDERSON & ASSOCIATES

267-448-0063

300 N. Pottstown Pike, Suite 210
Exton, PA 19341

AndersonAdvocates.com

ALL GETTY IMAGES

Body of former President Bush lies in state in Capitol

Trump declared Wednesday a national day of mourning.

The body of former President George H.W. Bush arrived on Monday at the U.S. Capitol in Washington, where mourners will pay tribute to the man who led the nation as the Cold War ended.

With hands on hearts, members of Bush's cabinet, lawmakers and Supreme Court justices honored the 41st president as his flag-draped casket entered the Capitol Rotunda.

The Bush family, led by son and former President George W. Bush, accompanied the patriarch's body on the flight aboard Air Force One from Texas to Joint Base Andrews outside Washington, and then on a final trip down Pennsylvania Avenue to the steps of the Capitol.

Senate Majority Leader Mitch McConnell, the first official to speak in the Rotunda, described George H.W. Bush as a "humble servant" and "a principled leader."

"He kept us flying high and challenged us to fly higher still, and he did it with modesty and kindness that would've been surprising in someone one-tenth as tough and accomplished as he was," McConnell said.

The body of the Republican former president will lie in state in the Rotunda through Wednesday, when a state funeral is scheduled at the Washington National Cathedral.

Mourners began lining up at the Capitol to pay respects to Bush, who died at his Houston home on Friday night at the age of 94, seven

"It really is about the character, and how they [Bush and others in his cabinet] ran our government. That's why I'm here."

Sheila Murray

HASSMAN RESEARCH INSTITUTE

RSVP

We invite your
Research Study Volunteer Participation
in a research study if you have any
of the medical conditions:

- ☐ ADHD Pediatrics
- ☐ Alzheimer's Disease
- ☐ Bipolar Disorder
- ☐ Depression
- ☐ Eczema/Psoriasis
- ☐ Healthy Adults
- ☐ Kidney Disease
- ☐ Liver Disease
- ☐ Low Back Pain
- ☐ Migraines
- ☐ Pain Crohn's
- ☐ PTSD
- ☐ Osteoarthritis
- ☐ Schizophrenia
- ☐ Schizoaffective
- ☐ Suboxone/Addiction
- ☐ Type 2 Diabetes
- ☐ Asthma

- Insurance is ***not required*** to participate in our studies, and all study-related care and study medications are provided at no charge.
- Compensation for ***time*** and ***travel*** expenses of between $300 and $5,600 may be available depending on the study.
- Transportation may be available.

FOR MORE INFORMATION, CALL TOLL-FREE
1.866.230.4185
OR VISIT **HRITrials.com**

HASSMAN RESEARCH INSTITUTE

months after the death of his wife Barbara.

Many spoke of Bush's role in a bygone era of bipartisan civility in U.S. politics, a sharp contrast to today's bitter divisions in the age of President Donald Trump, a fellow Republican.

"It really is about the character, and how they [Bush and others in his cabinet] ran our government. That's why I'm here," said Sheila Murray, 58, from Stevensville, Maryland, who came with her 14-year-old son Thomas.

After services in Washington, there will be another funeral in Houston on Thursday, followed by burial at the Bush Presidential Library in College Station, Texas.

Bush served two terms as vice president under fellow Republican President Ronald Reagan before his own stint in the Oval Office from 1989 to 1993, a time that saw the end of the Cold War as well as the United States' routing of Iraqi President Saddam Hussein's army in the 1991 Gulf War.

He failed to win a second term after breaking a no-new-taxes pledge.

Trump has ordered the federal government to close on Wednesday and both the New York Stock Exchange and Nasdaq will be closed in observance. U.S. bond and options markets were also due to be closed, with energy and foreign exchange markets expected to remain open.

Remembrances to George and Barbara Bush sprang up in the Houston neighborhood where they made their home, at a memorial to President Bush at a city park and at the airport named in his honor.

Christy Smith paused over the weekend to pay her respects to the late president at a bronze statue of him at a Houston park.

"He set a good example for all of us," said Smith, 39. "He always was caring and treated people equally." REUTERS

IN NEED OF FREE HOME CARE SERVICES?

HIRE YOUR FAMILY MEMBER OR FRIEND AS YOUR CAREGIVER.

Call for our Competitive Pay Rates

TOP CHOICE HOMECARE
QUALITY. COMMITMENT. COMPASSION

Call now to register for our HOLIDAY TOY GIVEAWAY

WE OFFER OUR CAREGIVERS:
- Top Competitive Pay
- Holiday Pay • Birthday Pay
- Overtime Pay
- Premium Health Insurance And More.....

WE OFFER CLIENTS:
- Professional And Caring Staff
- Birthday Recognition
- Food Assistance
- Holiday Gifts
- Special Events

TRANSFER TODAY!
Call us at 215-792-6884 or stop by the office
8725 Frankford Avenue, Philadelphia PA 19136.
www.topchoicehomecare.com

HALLMARK
REMODELERS
Fed up with contractors who never show or return calls?
"Save money and no hidden charges!"

$400.00 **FREE!** $400.00

$400.00 GIFT CARD

with Purchase Over **$5000.00**
*Low Payments Starting at **$59.00** Monthly*
For Qualified Applicants

$400.00 $400.00

NO MONEY DOWN, NO PAYMENTS, NO INTEREST FOR 2 YEARS

You may qualify for
UP TO $25,000.00

CALL 215-677-7000
to speak to a representative.

PAYMENTS STARTING AT $59.00 PER MONTH

- Kitchens
- Finished Basements
- All Types of Windows
- Steel Doors & Garages
- Iron Railing & Fences
- Hardwood Flooring
- Roofing & Gutters
- Bathrooms
- Granite Countertops
- Insulated Vinyl Siding
- Carpeting & Tile Flooring
- Wood Decks & Patios
- Cement & Stucco
- Porches & Porch Repairs
- Concrete Work

30 years' experience, fully licensed & insured.
Over 8,000 satisfied customers. All work is guaranteed in writing, satisfaction guaranteed, no money down financing!

FREE ESTIMATES CALL NOW

CALL 215-677-7000

Important Notice: Loans are originated through a third party insurance Co. HUD/FHA does not originate loans; they only insure them, and does not favor any lender. HUD/FHA does not allow consolidation of your bills. Hallmark of NJ is not connected to, or endorsed by the FHA or HUD in any way.

State License PA# 049533 • State License NJ# 13VH00341600

What's in your tap water?

PFAS water contamination concerns aired at state hearing

Pennsylvania is developing plans to address PFAS — chemicals found in watersheds outside Philly — while others urge more research.

SAM NEWHOUSE
sam.newhouse@metro.us

Roughly two years ago, watersheds in the suburbs of Philadelphia were revealed to have been contaminated with potentially dangerous plastic compounds known as PFAS. Water taps in places like Horsham, Warminster and Warrington townships tested positive for perfluoroalkyl and polyfluoroalkyl substances (PFAS).

While the damage to human and animal health of ingesting PFAS is not completely understood, many residents in these regions and others across the country have anecdotally shared that they and their pets experience far higher rates of dangerous cancers than are considered normal.

Last Friday, the Pennsylvania Department of Environmental Protection continued to investigate the issue — but took no official new action — during a lengthy hearing in Harrisburg on the PFAS issue.

"The meeting Friday confirmed what I've been saying for more than two years: We should not permit any level of these chemicals in our drinking water," said State Rep. Todd Stephens (PA R-152nd), one of the leaders who chaired the hearing of the PFAS Action Team organized by Gov. Tom Wolf.

"While the federal government should take immediate action, since they're derelict in their duties to protect the citizens of our commonwealth, it's incumbent upon state government to step in and take the actions necessary to protect Pennsylvania families," Stephen said, "including setting a non-detect standard for drinking water and providing blood tests, biomonitoring and a health study for all citizens exposed to the chemicals."

PFAS have been turning up in watersheds nationwide for years. Experts from Minnesota, Michigan, North Carolina, New Hampshire and New Jersey testified about their experience fighting PFAS in the watershed — which in others states have been tied to the presence of manufacturers like Saint-Gobain, Chemours, 3M and DuPont.

In the Philly area, contaminations are believed to be linked to the former Naval Air Warfare Center in Warminster Township, and the Willow Grove Naval Air Station Joint Reserve Base in Horsham Township.

In 2014-15, water tests in Warrington Township found PFAS levels in the water of 1,600 parts per trillion (PPT). In 2016, the U.S. Environmental Protection Agency released new standards saying PFAS should amount to no more than 70 PPT in drinking water — the concentration at which adverse health effects are not expected to occur over a lifetime.

But some testifying at the Nov. 30 hearing said the threshold should be far lower. New Jersey earlier this year set a threshold of 13 to 14 PPT for dif-

GETTY IMAGES

ferent PFAS and related chemicals.

"Right now PFAS are at 50 parts per trillion in the drinking water in Upper Dublin Township. That's not acceptable in New Jersey, but it's just fine in Pennsylvania," said environmental attorney Mark Cuker. "We have a great big polluter, the United States Department of Defense. They have not been made to pay these communities, which are all trying to do the right thing, and have had to foot the bill to get the water down to [non-detect] levels."

Some believe that PFAS and related chemicals, like PFOA, PFOS and GenX, which are used to produce a range of products from electronic circuit-boards to 3M's popular Scotchgard product, can have health risks including testicular and kidney cancers, thyroid disease, ulcerative colitis and pregnancy-induced hypertension.

The contamination in the Montco area is believed to be linked to firefighting training exercises at the military bases, which were performed using a fire-retardant foam product — Aqueous Film Forming Foam — which has contained PFAS since the '70s. Stormwater from the area near the base drained into nearby Park Creek, and is believed to have seeped downstream.

Some residents from these areas are participating in a class-action lawsuit filed against the producers of the firefighting foam by New York firm Weitz & Luxenberg.

"For years, residents living near military bases in eastern Pennsylvania were unknowingly exposed to dangerous chemicals in their drinking water," said Robin Greenwald, head of the Environmental and Consumer Protection Unit at Weitz & Luxenberg.

The EPA is set to issue new guidelines on PFAS by the end of 2018. But in the meantime, Pennsylvania is moving to study the issue and the PFAS action team has scheduled its next hearing for February. The state plans to hire its first three toxicologists to assist with the issue. Previously, it relied on the EPA for this sort of testing.

In a September 2018 letter, Gov. Tom Wolf urged the agency to act "expeditiously" toward providing new guidelines for municipalities and regulations for industries who may be creating PFAS.

"The people of Pennsylvania should be confident that the air they breathe and the water they drink is safe," Wolf wrote.

"For years, residents living near military bases in eastern Pennsylvania were unknowingly exposed to dangerous chemicals in their drinking water."

Robin Greenwald, head of the Environmental and Consumer Protection Unit at Weitz & Luxenberg

FREE

GLASSES OR CONTACT LENSES*

USE YOUR FLEXIBLE SPENDING HERE

With most of these insurances:

- City Workers
- VBA • NVA
- Police I Fireman's
- F.O.P. • Davis Vision
- Keystone First
- Bravo Health
- SEPTA employees
- Blue Cross Blue Shield
- Aetna
- United Healthcare Community
- Optimum Health Vision
- All University of Penn Workers
- Superior Vision Plus
- Most Other Insurances

• Prada • Gucci • Ray Ban • Versace • Acuvue • Dolce & Gabbana
• Kenneth Cole • Bausch & Lomb • Tom Ford

vsp Vision care for life | Vision Benefits of America | DAVIS VISION THE EYECARE ADVANTAGE | NVA | EyeMed Vision Care

2 PAIRS OF GLASSES FROM $79

*INCLUDES:
Complete Eye Exam
Frames • Lenses

2 BOXES OF DISPOSABLE CONTACT LENSES FROM $129

*INCLUDES:
Exam • Contact Lens Fitting
Solution
2 Boxes of Contacts

eye encounters
EXAMS • GLASSES • CONTACTS • SUNGLASSES

3810 Morrell Ave.
Phila., PA 19114
215.632.6698

2200 Wheatsheaf Lane,
Phila., PA (Next to Walmart)
215.288.3333

4002 Chestnut Street 215.921.4871
1925 Chestnut Street 215.854.0441
1325 Market Street 267.514.4393

EXAMS • GLASSES • CONTACTS • SUNGLASSES
*Co-pays may apply – *Cannot be combined with insurances

NEED A DEMOLITION CONTRACTOR?
Professional Demo Services At Affordable Prices!

ADELPHIA DEMOLITION INC

10% off when you mention this ad*
FREE ESTIMATES!
We hold a City of Philadelphia demolition license.

- Concrete Demo (sidewalks, driveways, steps)
- Interior/Exterior Remodeling Demo
- Whole House Demolition
- Trash Hauling/Dumping (Truckloads)
- Unsafe/Imminently Dangerous Violations

Residential & Commercial Demolition
Adelphiademo.com
267-423-7521

Cardi B fails to show up for hearing over August fight at New York club

Judge Scott Dunn says the rapper faces arrest if she skips out on Friday's rescheduled hearing.

A New York judge on Monday rescheduled Cardi B's court hearing to Friday after she failed to appear in criminal court to face charges of assault in connection with a fight at a strip club, but warned that she risked arrest if she did not show up again.

The 26-year-old performer, whose real name is Belcalis Almanzar, surrendered to police in October after being accused of involvement in the Aug. 15 incident at the Angels NYC strip club in the borough of Queens.

Judge Scott Dunn told her lawyer "to convey to her that it's not acceptable that she's not here today," after she failed to show up for her scheduled appearance.

"You should inform her that if she doesn't show up to the arraignment on Dec. 7, that unless the circumstances change, then it's very likely the court will issue a bench warrant for her arrest," Dunn said to her lawyer, Jeff Kern.

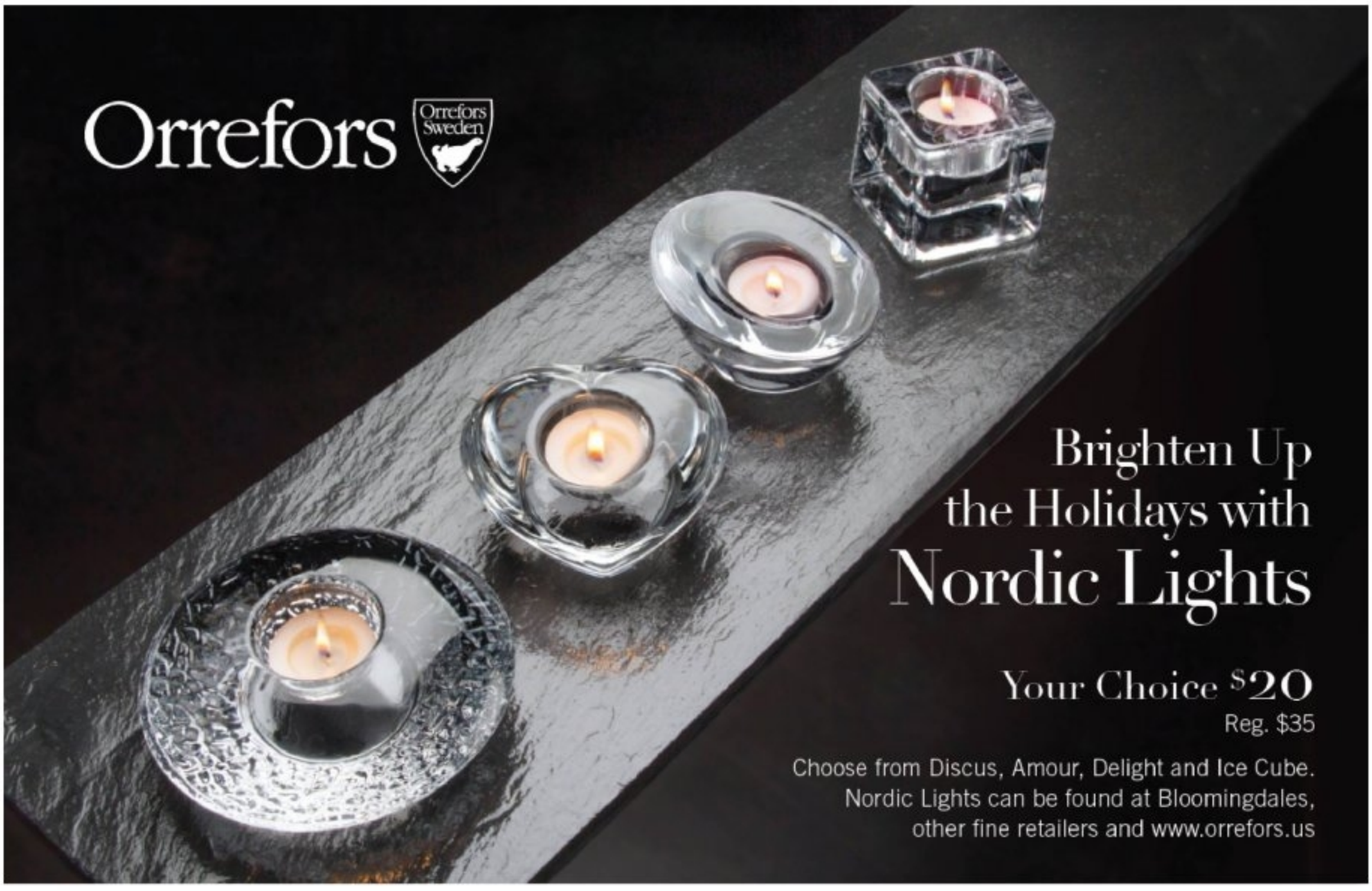
Cardi B, a two-time Grammy Award nominee, has topped music charts in recent years with hits "Bodak Yellow" and "Girls Like You," a collaboration with Maroon 5.

On her verified Instagram profile under the "Story" section, Cardi B early Monday posted a video featuring her on an aircraft and another showing a vibrant blue ocean. There was no indication where the photos were taken or when she may have been at the locations.

Kern, who admitted that he rarely had direct communication with Cardi B but spoke with her through business managers, apologized to the judge and

"If she doesn't show up to the arraignment on Dec. 7, unless the circumstances change, then it's very likely the court will issue a bench warrant for her arrest."

Judge Scott Dunn



REUTERS IMAGE

blamed her failure to appear in court on poor communication.

"I can tell you my client knew of the date, but there was a previously standing commitment for today and tomorrow," he said, assuring the judge that his client was not a flight risk.

Kern said Cardi B had asked for an adjournment before Monday but the court had denied it. She was initially due in court on Oct. 29, but the court allowed her to reschedule.

According to The New York Times, Cardi B accused one of two sisters who tend bar at the Angels NYC club of having an affair with her husband, Offset, who is part of the rap trio Migos. Citing police, the newspaper said Cardi B's bodyguards and members of her entourage attacked the sisters with bottles and chairs.

Cardi B's agents and Joe Tacopina, an attorney representing the two bartenders, did not immediately respond to Reuters' request for comment on Monday.

She has also made headlines for an ongoing feud with rapper Nicki Minaj, with whom she had a physical altercation during an event at this year's New York Fashion Week. After a series of posts on Twitter and Instagram directed at each other, the two agreed on a ceasefire in October. REUTERS

¡GRACIAS!
YOUR PURSE IS MORE THAN JUST THE FINISHING TOUCH TO YOUR OUTFIT
It's there to hold onto your hard earned dough.
Hold onto more of it with SEPTA's Commuter's Choice – the program that saves you money on your commute.
Visit THECOMMUTERSCHOICE.COM and ask your employer to enroll today. Your purse will thank you.
COMMUTER'S CHOICE

Open the Door to a Healthier You!
View our online seminar at www.hahnemannbariatrics.com
Minimally Invasive Procedures
Life Changing Results
Hahnemann University HOSPITAL
CENTER FOR SURGICAL WEIGHT LOSS
To register for a FREE in-person seminar call the Center for Surgical Weight Loss at 215-762-7070.
This surgery is designed for those with a body mass index equal to or greater than 40 or equal to or greater than 35 with serious co-morbidities.
Results may vary. As each case must be independently evaluated and managed, actual weight loss will vary.

Pat King
Grumble Editor

READER WRITE-INS:

RUNNING RED LIGHTS

Running red lights in Philadelphia is a sore sight. When the teacher turns her back, are we the students who act up? The police are a big part of the reason this act from bad drivers is happening so much. Their presence is needed more in places like NW Cheltenham and other areas. They can help reduce this irresponsible behavior of drivers by issuing tickets to them like they are supposed to do. Responsible and decent conduct by motorists can reduce dangerous situations and accidents on the road. Is running the red light and disobeying the rules of the road worth causing a serious accident, which places people's lives in danger, even your own? I ask you these questions because Philly is one city that is notorious for this kind of behavior. Plus, where is the adult in you that is supposed to set an example for young people, especially those who are beginning to drive?

I also have waited too long on the expressway to be able to move into a lane, as I am indicating the turn. Cars just keep going right on past until a decent human being slows down and allows me to turn into the lane. I see little courtesy on the expressway as people are travelling to and from work. We can do better than this!

— **Foluke Obahnjoko**, *Metro Philly reader*

VENT TO US!
GRUMBLE@METRO.US

#metrohumble

DON'T FORGET YOUR FRIENDS

While many of us binge-watch the American version of "The Office" on a yearly basis, it's easy to take for granted how fresh and funny it was when it came out. Steve Carrell's Michael Scott is one of the all-time great television characters whom you somehow despised yet still wanted to see do well. John Krasinski and Jenna Fischer's Jim and Pam as the only sane people at Dunder Mifflin were the emotional center of the show and their "will they, won't they" saga was the glue that brought the whole thing together. Since the show ended in 2012, there was little talk about ever reviving the series until this year. Over the weekend, fans lost their collective minds as Jenna Fischer released a photo of the majority of the original cast — including Rainn Wilson, Angela Kinsey and Ed Helms — meeting with creator Greg Daniels. Of course, Carrell and Krasinski may be too busy for this trip back to Scranton, Pa., but knowing that most of the old crew is getting back together is cause enough for celebration.

Please remember to send your Humbles to **humble@metro.us**. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

metro & evvnt
INVITE THE WORLD TO YOUR EVENTS
List your event on metro.us/events

metro.us/horoscopes

Aries You'll have some big ideas, but before you jump into something, find out what it's going to cost and what the ramifications could be.

Taurus Relationships are favored. Make plans to explore the possibilities that a business or personal partnership has to offer. Take care of legal matters that need to be updated.

Gemini You'll be attracted to the wrong people. Be careful whom you trust or offer to help. Someone will take advantage of your generosity. Moderation should be a priority.

Cancer Indulging in a little shopping, engaging in activities with children or doing something special with your romantic partner will be memorable.

Leo You'll face complaints if someone isn't happy with the way you've been acting. Consider how you feel and make adjustments to offset any problems. Don't use indulgent behavior.

Virgo Look for ways to cut corners. An industrious approach to gift-giving can help you curb expenses. Use your skills to make something unique, or buy in bulk.

Libra Get along with your clients and colleagues. Now is not the time to cause a ruckus. Look for ways to keep the peace without jeopardizing your integrity or beliefs.

Scorpio Channel your emotional energy into something worthwhile. Showing someone how much you care will bring you closer together. A little romance or a kind gesture will bring big rewards.

Sagittarius Keep your life simple. Don't feel you must help others before you help yourself. Someone will try to take advantage of you if you are too accommodating.

Capricorn A heartfelt helping hand will make a difference and leave you feeling good. Romance is encouraged and will improve your personal life. Bring joy to someone's day!

Aquarius Don't fight a losing battle. If you put your time and energy into something tangible, you will have no regrets at the end of the day. Take the path of least resistance.

Pisces Don't take on too much or labor over things you cannot change or afford. Stick to a plan that is doable and make the most of what you've got. Romance looks promising. EUGENIA LAST

LIFESTYLE

Midge's actions are starting to affect her parents. ALL PHOTOS AMAZON STUDIOS

Tony Shalhoub on the 'ripples' of 'The Marvelous Mrs. Maisel' season 2

Midge's actions in the first season are beginning to affect everyone else, especially her parents.

ANDREW HUSBAND
letters@metro.us

Miriam "Midge" Maisel's (Rachel Brosnahan) estranged husband Joel (Michael Zegen) isn't the only person who's feeling the effects of "The Marvelous Mrs. Maisel" season 1. The burgeoning stand-up comic's heavily traditional parents, Abe (Tony Shalhoub) and Rose (Marin Hinkle), are also trying to come to terms with their daughter's new life. What's more, they're doing so at a disadvantage, as they don't actually know what Midge has been up to when she goes out at night.

"All of the changes in Midge's life from the first season are impacting these other characters," Shalhoub tells Metro. "We're seeing the ripple effect of her choices and of all the upheaval that they have been causing."

"The ripple effect actually causes some to kind of blossom into a new dimension," adds Hinkle, whose character, a stay-at-home mom, embarks on her own adventure following her daughter's adventures. "In a way, it's a reconnection to her own youth."

The show's newfound focus on its supporting characters, especially Rose and Abe, takes the series on a whirlwind trip to Paris in the very first episode of season 2. The glitz and glamor that accompanies a location shoot is, of course, on full display, but so too is Hinkle and Brosnahan's chance to switch places.

"It's like holding a mirror up to nature a little bit," Hinkle continues. "With what Midge is doing, and with what she's calling me out on — by leaving the home, it comes full circle. I love that because, in a way, I become a little bit closer to her. Even though Midge still has this secret that I don't really know about, or I don't know what she does, it's still a great connection."

Obviously, what Rose experiences in season 2 is very much her own journey, but it also involves her husband. That's why he and their daughter end up traveling across the Atlantic to find her (and discover what's really going on). It's also why Shalhoub can't help adding to Hinkle's explanation during their joint interview. For as much as Rose and Abe are individual characters blossoming into their own, they're also a unit — a dysfunctional one, but a unit all the same.

"The changes that Midge is going through kind of force Rose and Abe to reevaluate their own relationship," he says. "Which has been... maybe there's been some complacency there. It has set in over the years. I mean, it just is what it is. It's an okay marriage, it's solid and everything, but this causes them to really look at it with fresh eyes and figure out where they should go from here."

"I loved it," Hinkle concludes. "I loved that we got to do this, so much."

"The Marvelous Mrs. Maisel" season 2 premieres Wednesday on Amazon Prime.

OVERWHELMED?

Are you a physician?
Mental health therapist?
Manage a private or group practice?
Business owner?

If you are up to your eyeballs in the following tasks:

- Completing numerous applications to become in-network with various health insurance plans *(provider enrollment/ credentialing process)*
- Tracking documents/ Reminders
- Verifying patient insurance benefits
- Researching claim denials
- Scheduling/Call backs

...then you may need to think about outsourcing to save time and money!

- Reduce organizational costs
- Keep labor costs low
- Focus on core areas
- Improve efficiency

Let's have a conversation about what your needs are...call today!

Toll free 1-833-465-2733
or send us an email:
info@imjcredentialing.com

IMJ Credentialing

www.imjcredentialing.com
1-833-465-2733
"Get away every day and leave the work to IMJ"

Party like it's 1933

National Repeal Day is Dec. 5. MOLLY GIVEN

The Boo Boo Hoff at Art in the Age.

The Frisco at Rex 1516.
ALL PHOTOS PUNCH MEDIA

Ninety-seven years ago, the United States of America was completely dry (or was trying to be). The "great social and economic experiment" of keeping the country alcohol-free was never easy. Then, on Dec. 5, 1933, Prohibition was repealed and all bartenders, cocktail drinkers and liquor lovers rejoiced. The country forever remembers Dec. 5 as the day we were all set free, and in celebration of this momentous occasion, plenty of Philly bars are celebrating the 85th anniversary of Repeal Day, un-Prohibition-style.

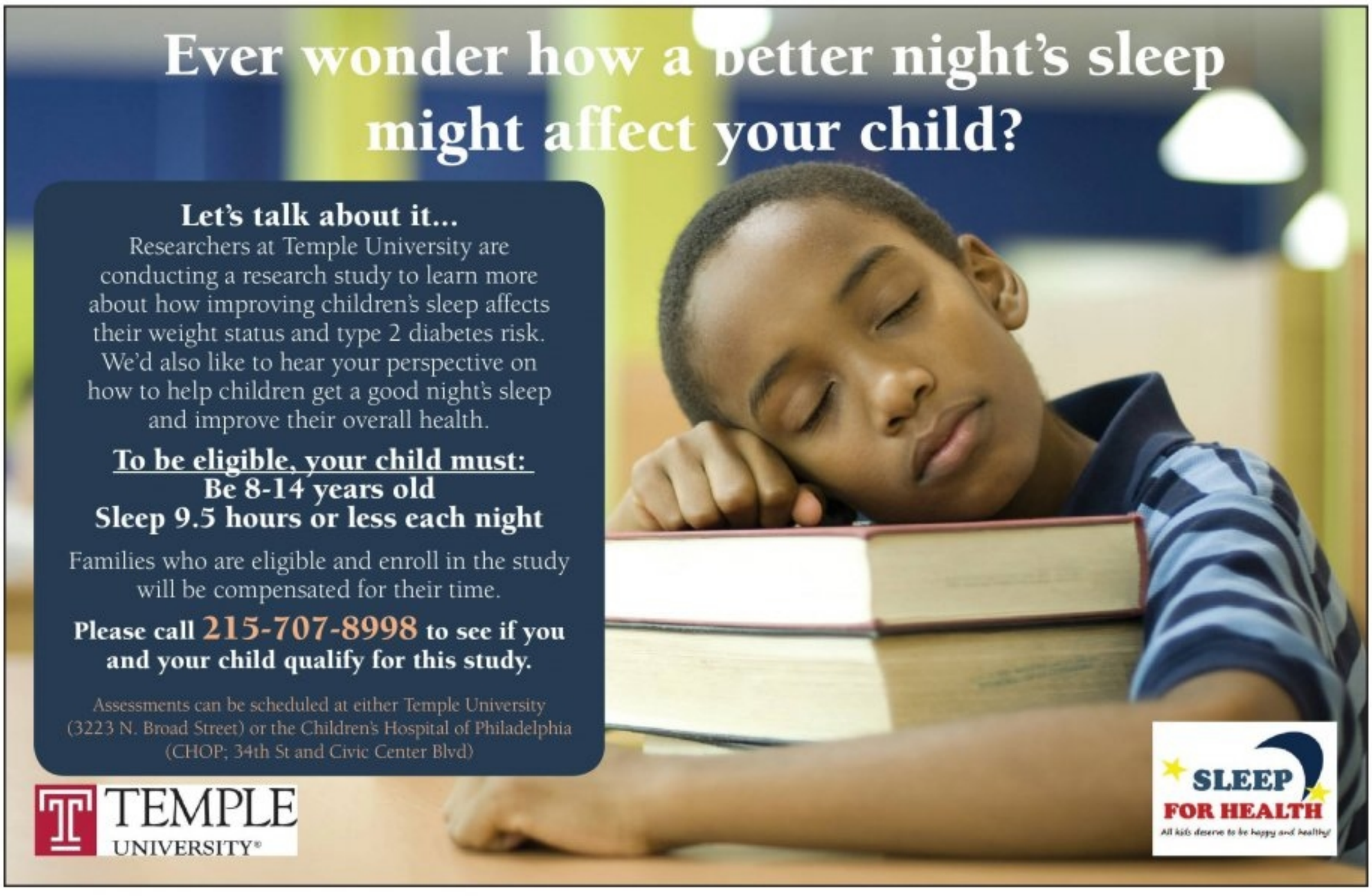
Art in the Age
On Dec. 5, the home bar supply and bottle shop is celebrating the repeal of Prohibition with their Boo Boo Hoff, an off-menu cocktail from mixologist Lee Noble. Named after the infamous Philly gangster Max "Boo Boo" Hoff, the tasty drink boasts Dreadnought White Rum, AITA Chicory, clarified pineapple shrub, raspberry and hibiscus grenadine and a cocktail cherry garnish. The best part is that the Boo Boo Hoff is only available through a password. All visitors looking to toast to the historic holiday must request the cocktail by saying: "I'm here to see a guy about a loan."
116 N. 3rd St., artintheage.com

Co-Op
Celebrate the booze-driven holiday at The Study Hotel's popular lively restaurant and lounge. Co-Op will be offering an extended happy hour on Dec. 5 from 4:30 p.m. to close. The happy hour includes a featured Pomegranate Gin Rickey with Barred Aged Bluecoat Gin for $10, $5 craft draft beers, $7 red and white wines and $8 classic cocktails such as CO-OP's margarita, negroni and Old Fashioned. Plus, there will also be a selection of delicious small plates for only $5 including mini grilled cheeses, charred broccoli, calamari and baked ricotta.
20 S. 33rd St., coopphilly.com

The Last Word at Bluebird Distilling.

Ocean Prime
The decadent steak and seafood eatery is celebrating National Repeal Day with a delicious cocktail creation. For only $10 guests can sip on the Whiskey Clover, boasting Gentleman Jack Whiskey, Hennessy VS, honey water and hand-squeezed lemon and orange.
124 S. 15th St., oceanprime.com

Bluebird Distilling
Check out the Phoenixville distilling location on Dec. 5 from 7-10 p.m. and celebrate the holiday at their Repeal Day Party. Guests can enjoy seven creative Prohibition-era-favorite concoctions including the Last Word, Bee's Knees, Mary Pick-


Ever wonder how a better night's sleep might affect your child?
Let's talk about it...
Researchers at Temple University are conducting a research study to learn more about how improving children's sleep affects their weight status and type 2 diabetes risk. We'd also like to hear your perspective on how to help children get a good night's sleep and improve their overall health.
To be eligible, your child must:
Be 8-14 years old
Sleep 9.5 hours or less each night
Families who are eligible and enroll in the study will be compensated for their time.
Please call 215-707-8998 to see if you and your child qualify for this study.
Assessments can be scheduled at either Temple University (3223 N. Broad Street) or the Children's Hospital of Philadelphia (CHOP; 34th St and Civic Center Blvd)
TEMPLE UNIVERSITY
SLEEP FOR HEALTH
All kids deserve to be happy and healthy!

The Clover Club doughnut at Urban Farmer.

ford, Sidecar, Hemingway Daiquiri, Jack Rose and Fitzgerald. There will also be tasty treats from Louette's BYO in Phoenixville, including housemade breads and butters, deviled eggs, cheese and olive selections, mixed nuts and more; 1920s costumes are encouraged.
100 Bridge St., bluebirddistilling.com

Rex 1516
Check out the delicious and popular Southern cuisine spot to try their Repeal Day cocktail, the Frisco, served with rye whiskey, lemon juice, and Benedictine liqueur for only $11 on Dec. 5.
1516 South St., rex1516.com

Royal Boucherie
Instead of just sipping on cocktails, learn how to make the delicious spirited drinks as well. Royal Boucherie is offering a Repeal Day Cocktail Class featuring Old Forester Whiskey from 6-8 p.m. During the class, guests will enjoy complimentary small bites from top chef Nicholas Elmi. After the class, lead bartender Zeq Rudy will also be serving up an exclusive Old Fashioned menu, boasting five different cocktails made with Altos Repasado spicy tequila, Plymouth gin, Wild Turkey, Rittenhouse Rye and Vida Mezcal.
52 S. 2nd St., royalboucherie.com

Townsend
The highly acclaimed French eatery in South Philly is throwin' it back for Repeal Day with two old-school Cognac-based classics; the Sidecar and Vieux Carrés. Both cocktails will be offered for only $10 on National Repeal Day.
1623 E. Passyunk Ave., townsendrestaurant.com

Urban Farmer
This is the perfect Repeal Day treat for all drinkers and non-drinkers. The popular modern American steakhouse is offering a cocktail-inspired Clover Club doughnut during lunch and dinner. This brioche doughnut is filled with raspberry gin jelly, lemon and meringue and will be available for just $5.
1850 Benjamin Franklin Pkwy., urbanfarmerphiladelphia.com

Senior Citizens and Military 15% Discount!

ARTIE CLEAR
ROOFING AND DRYWALL

HOLIDAY SPECIAL ON
HEATERS, ROOFING, AND WINDOWS
25% SAVINGS
NO PAYMENTS UP TO 6 MONTHS!!!
10% OFF ON CONCRETE...
AND YES WE ALSO DO
BRICK POINTING.

NO JOB TOO BIG OR TOO SMALL!!!!!!!!
WE DO ROOFING, DRYWALL,
HEATERS (Gas or Electric). BIG DISCOUNTS ON
KITCHENS AND BATHROOMS.
FREE ESTIMATES-100% FINANCING AVAILABLE!
EVERYBODY GET'S APPROVED!
ARTIE CLEAR FROM EAGLES REPORT CARD AND FOX
CALL ARTIE TODAY AT
609-335-0207 or 215-444-6844
FOR YOUR FREE ESTIMATE.

CANCER
MEDICAL
MALPRACTICE
BIRTH/PREGNANCY
INJURIES/DEATHS

Delayed/failure to diagnose cancers, medical/nursing/hospital mistakes/negligence, /birth/cerebral palsy/pregnancy injuries/ amputations/paralysis/paraplegia/vaginal/pelvic/abdominal/ surgical mesh complications/anesthesia/heart attack /stroke injuries/complications/ deaths/all suspicious deaths, etc. Cases Reviewed with Expert Physicians, including Ivy league trained expert physicians.

Evaluations by Attorney named top 1% of attorneys nationwide-National Assoc. of Distinguished Counsel, America's Top 100 Attorneys-Pennsylvania, many times as one of PA's best medical malpractice/personal injury attorneys with selections as a PA Super Lawyer, legal commentator, board member of PA's and Philly's largest trial lawyers organizations, life-time member of Million Dollar Advocates Forum, and former adjunct. Prof of Law.

Millions of Dollars Recovered for Injured Clients

CALL **215-567-0493**
or email now for Free Consultations

EMMANUEL LAW FIRM, LLC
Two Penn Center, 1500 JFK Blvd. www.emmanuellawfirm.com
No Recovery-No fee/Free Consultations • Home/Hospital Visits

Have an eco-friendly *Christmas*

Believe it or not, the holidays are a major source of pollution. Here's how to make this season a bit more environmentally friendly.

DANIEL CASILLAS, MWN
letters@metro.us

Christmas is a day that is celebrated in most parts of the world. It is full of good wishes, parties, decorations, gifts and plenty of food. However, many of the activities surrounding this international celebration can generate a lot of pollution.

A report called "The Carbon Cost of Christmas," published a few years ago by the Stockholm Environment Institute, revealed that "our total consumption and spending on food, travel, lighting and gifts over three days of festivities could result in as much as 1,433 lbs. of carbon dioxide emissions (CO2) per person." That is equivalent to the weight of a thousand Christmas puddings!

According to the paper, the activity that generates the largest carbon footprint during the season is purchasing gifts, with a total of 684 lbs. of CO2; in second place is the extravagant Christmas lighting, with 481 lbs. of CO2; next is travel by car, with 212 lbs. of CO2; and finally, the Christmas meal: 57 lbs. of CO2.

The beloved Christmas tree also causes pollution. According to a calculation made by the Carbon Trust, a 6.5-foot artificial tree has a carbon footprint of about 88 lbs. of CO2 — more than twice that of a real tree that ends its life in a landfill, and more than 10 times that of real trees that are burnt."

But is it possible to have an eco-friendly Christmas? Experts do believe so

"Yes, we can turn our Christmas celebration into an eco-friendly celebration by making a few changes. Largely, the focus should be on using sustainable products and materials, reusing items you already have instead of buying new things for every Christmas, reducing any kind of waste, and trying to keep the celebration as more of a 'fewer things, more experience,'" confirmed Amruta Kshemkalyani, sustainability consultant and founder of Sustainabilitytribe.com. Finally, more than taking care of our carbon footprint, achieving an eco-friendly Christmas is about enjoying being with our loved ones during the holidays and not encouraging consumerism.

Metro highlights *tips* on how to pollute less during *Christmas*:

CHRISTMAS LIGHTS

The old lights that adorn our homes during the Christmas season can be very polluting and even dangerous because of the possibility of fire. That's why experts advise switching to LEDs, which use up to 90 percent less energy. In addition, Bill Ulfelder, executive director of The Nature Conservancy in New York, advises turning off those lights when not occupying them: "And as always, be conscious of your energy use. If you are not going to be present to enjoy the lights, just turn them off, not just during the holidays, but year round."

CHRISTMAS TREES

Various studies indicate that plastic trees actually cause more pollution than natural ones; however, Kshemkalyani recommends creating your own organic tree for the holidays. "Honestly, I feel we need to think out of the box and create our own eco-friendly Christmas trees, because natural trees are often cut. If a recycling facility is not available near you, then you are adding waste to landfills. There is the hazard of fire or even fungi inside your home because of a Christmas tree."

BILL'S
DISCOUNT CARPET FLOORING AND REMODELING
Your Mobile Carpet Showroom
Locally Owned and Operated
Serving PA, NJ and DE for Over 25 Years
CALL ANYTIME
1.856.264.1079
Lic. #NJ13VH08091600 #PA10882

Shop Us First, Shop Us Last, It Doesn't Matter
We Will Beat Anybody's Estimate
We Also Install & Refinish Hardwood Floors!

3 ROOMS $498* Plush or Sculptured Carpet | 8lb. pad, installation. 40 Square Yards
3 ROOMS $598* Super Plush Carpet | 8lb. pad, installation. 40 Square Yards
3 ROOMS $698* Heavyweight Plush Carpet | 8lb. pad, installation. 40 Square Yards

ALL CONSTRUCTION WORK AND PAINTING!

Free Shop At Home!
FREE ESTIMATES!
Save up to 1/2 OFF Retail Store Pricing.
100% Financing Available!
$500 Gift Card with any HOME REMODELING job over $3,500.00.

Complete Bathrooms starting at $1895
Complete Kitchens starting at $3595
Sale on Wood, Laminate and Vinyl Flooring!
Next Day Installation Available!

3 ROOMS OF CARPET $398*
*Up to 40 Sq. Yds
10% Senior Citizens Discount
PA10882

FREE SHOP AT HOME!

GAS HEAT AIR CONDITIONING
ONE DAY INSTALLATION
100% FINANCING
CREDIT CARDS ACCEPTED
$1089 Completely Installed KG7SA045 REPLACEMENT
FALL SALE
$990 DELIVERED JS6BD018
The Goane Boys
610-353-5400

RESPECTABLE ROOFING
Where Respect Matters!
Specializing in energy efficient white roofs.
50 Year shingle roofs available. • Fully licensed and insured
FREE ESTIMATES - FINANCING AVAILABLE
PHILLY SPECIAL
$1800.00 For a Brand New Rubber Roof, New Drain Box, New Edge Metal

Roof Not Exceed 800 sq ft, Sky Lights not included some Limitations May Apply.
215-681-0409
www.respectable-roofing.com
info@respectable-roofing.com
HIC# PA098215

DB 24 HOUR SALON & SPA

* SHAMPOO, CONDITIONER INCLUDED WITH ALL HAIR SERVICES
* HAIR INCLUDED WITH MOST BRAID SERVICES
• KNEE LENGTH BOX BRAIDS $250
• INDIVIDUAL LASHES & EYEBROW WAX $35
• 45 MINUTE FACIAL $79
• FULL FACE MAKE UP $65
FOLLOW US ON INSTAGRAM @ THEDYNAMITE1
DB 24 HOUR SALON & SPA
7047 FRANKFORD AVE.
PHILADELPHIA PA. 19135
(610) 931 3248 OR
(215) 715 9839

CHRISTMAS FOOD

Although delicious, Christmas food is also a source of pollution, especially if wasted. Bill Ulfelder tells Metro how his family avoids adding to emissions when it comes to Christmas food: "For my family's holiday meals, we try to make sure that as many ingredients are locally-sourced as possible, including meat. We support local farmers at our farmers' market, look to reduce shipping distances, and we try to buy what's in season at the supermarket."

CHRISTMAS GIFTS

Buying gifts is the most polluting part of Christmas, and therefore it is necessary to be aware of it. Kshemkalyani proposes creating your own gifts or, if that is not possible, buying articles made of sustainable materials. "The best gifts are handmade, so it's a great opportunity of letting your inner creative take over. If you don't have enough time, try finding gifts made of sustainable material, or if you are not sure, go for gift vouchers as they rarely get wasted," the consultant explains.

GIFT WRAPPING

Not only is buying gifts very polluting, but so is wrapping them. Leyla Giray Alyanak, specialist in conservation who runs the popular solo travel website Womenontheroad.com, says that "gift wrapping and packaging makes Christmas a hugely polluting event, with millions of tons of plastic and foil thrown out over just a few days, ending up in landfills and fueling emissions." Thus, she recommends: "There are a few things you can do to mitigate the damage. The first is obvious: Re-use the wrapping paper. If you're careful when you open your gifts, there's no reason not to recycle the paper for next year's gifts. You could also forgo wrapping paper and wrap your gifts in something reusable instead, like a colourful cloth or scarf."

ALL PHOTOS PROVIDED

PLATINUM PRODUCTIONS
ALL STARS
OF HIP HOP
SUN • JANUARY 20TH • 7PM
NAUGHTY BY NATURE • BIG DADDY KANE • KOOL MOE DEE
SLICK RICK • WHODINI • ONYX • NICE & SMOOTH • SWEET TEE
JIM WHELAN
Boardwalk Hall
YOUR BEST SEAT AT THE SHORE
TICKETS AVAILABLE AT
BOARDWALK HALL BOX OFFICE • TICKETMASTER.COM • 800-745-3000
FOR MORE INFO: PPSHOWS.COM

PHILIPS
Lifeline
More control.
Real independence.
With Philips Lifeline, you are never truly alone, whether you're at home or on the go.[1] Our Trained Response Specialists are available to help in any situation 24 hours a day.
• Most-proven fall detection technology in the U.S.[2]
• Advanced locating technologies to help find you in an emergency
There's always a way to make life better.
innovation + you
Call 800-594-8161
to try risk-free.
Mention code L8XB.
philipslifeline.com
FREE
shipping & activation
1 Coverage outside the home is provided where AT&T wireless network coverage is available.
2 AutoAlert does not detect 100% of falls. If able, users should always push their button when they need help. Button signal range may vary due to differing environmental factors.

GET THE HOME CARE YOU DESERVE

NO COST TO YOU WAIVER HOMECARE SERVICE

- Personal Care and Companionship
- Medication Reminders • Light Housekeeping
- Meal Preparations • Accompany to Outings
- Shopping/Errands • Incontinency Care
- Ambulation Assistance

STAY SELF-RELIANT & HEALTHY IN THE COMFORT OF YOUR HOME

Servicing all Philadelphia and the Surrounding Counties

Complete Homecare
We deliver Complete Care to you

TRANSFER TODAY!

CALL TODAY! (267) 519-9885
WAIVER, PRIVATE PAY & INSURANCE

TWO LOCATIONS TO SERVE YOU:
1420 Walnut Street, suite 406, Philadelphia, PA 19102
915 Montgomery Avenue #211, Narberth, PA 19072
Website: www.CompleteHomeCarePA.com
Email: info@CompleteHomeCarePA.com

TOP PRICES PAID
FOR YOUR RECORDS (33S, 45S), CDS
NO COLLECTION TOO SMALL OR LARGE
WE BUY EVERYTHING
CALL JON AT: 215-805-8001
OR E-MAIL
BWSMUSIC@HOTMAIL.COM

4 Ways to fight *loneliness*

A study conducted by Brigham Young University has confirmed that loneliness is about to become one of the major public health problems. It can even kill you. In fact, if a person lives alone and is socially isolated, the risk of mortality increases by 32 percent. But don't be afraid, there many tools out there to fight it. Metro highlights some of them. LUZ LANCHEROS | MWN

'Her' becomes reality

The 2013 American romantic science-fiction drama film, in which a man develops a relationship with an intelligent computer, is no longer something out of this world. An A.I.-powered virtual assistant from Japan dubbed Gatebox is here to help combat loneliness. This avatar has a speaker and is able to recognize faces and control several household functions. Mass production of the device was announced this year.

Fribo

This is another cyborg that is set to help young people who live and work alone. The Korean device provides a way to maintain daily connections. It does so by listening for what goes on in your life and the life of your friends. After being presented at this year's ACM/IEEE International Conference on Human Robot Interaction, some people became interested in what their peers were doing while others considered the device invasive.

Specialized apps

Yes, there are many apps for making friends and for other types of relationships. But for those who feel lonely, there is Amintro, which helps lonely adult users over 50 by aiding them in making plans with friends. Registration is free. Tastebuds, on the other hand, serves to unite people according to their tastes. My Film Club is based on the cinema-related things that you have in common, and Chattous will allow you to talk for hours with people.

New communities

From dinners that are made to integrate people to events like the ones put on by Daily Guru, there are also many local communities of diverse interests to join. Co-housing, or intentional communities of private homes clustered around shared spaces, has also become a great alternative to alleviate loneliness.

ALL PHOTOS ISTOCK/CONTRIBUTED

ARAMINGO
CARPET & FLOORING

HOLIDAY SALE!
NOW UNTIL DECEMBER 31ST!

MENTION AD FOR ADDITIONAL DISCOUNTS
FREE SHOP AT HOME SERVICE

Gift Certificates Available!

COME IN! VISIT OUR WAREHOUSE | WALL TO WALL CARPET

From a Room to A Whole House Over 300 Remnants & Rolls To Choose From!

We Install What We Sell!

18 and 24 MONTH INTEREST FREE FINANCING AVAILABLE!

NEXT DAY INSTALLATION AVAILABLE ON IN STOCK MERCHANDISE.
SHOP US FIRST, SHOP US LAST. WE WILL BEAT ANY PRICE!

LAYAWAY AVAILABLE!

4591 Aramingo Ave., Philadelphia, PA 19124
215-537-9666

Open: Mon., Wed., Fri., 9-8PM, Tues., Thurs., Sat., 9-5PM
Sundays: By Appointment Only

Directions: Take I-95 S. to Betsy Ross-Aramingo Ave. Exit, Turn left on Aramingo Ave., (end of ramp) We are about 2 blocks away on the right

DEBIT CARDS ACCEPTED

SPORTS

metro BET

BET BETTER

LATEST ODDS [COLLEGE FOOTBALL]

NAVY VS. ARMY (-7)

LATEST ODDS [NFL WEEK 14]

BALTIMORE AT KANSAS CITY (-7)

INDIANAPOLIS AT HOUSTON (-4.5)

ATLANTA AT GREEN BAY (-6)

NY JETS AT BUFFALO (-3.5)

NY GIANTS AT WASHINGTON (-1.5)

NEW ORLEANS (-8) AT TAMPA BAY

NEW ENGLAND (-8) AT MIAMI

PHILADELPHIA AT DALLAS (-4)

LA RAMS (-4) AT CHICAGO

BET OF THE DAY

Tennessee knocked off the Jags in Jacksonville back in September in a 9-6 bloodbath. Much has changed since then, but this past Sunday the Jags shockingly blanked the Colts and the Titans barely got by the Jets. Gotta think that the stingy Titans defense will be able to handle a team quarterbacked by Cody Kessler this week. - MATT BURKE

The Pick: TENNESSEE (-5)

MORE ODDS AT METROBET.US

The Phillies made their first big move of the offseason, trading for All-Star shortstop Jean Segura. GETTY IMAGES

What are the Phillies getting in All-Star shortstop Jean Segura?

The Phillies finally made a splash this offseason and it came in the form of a trade.

JOVAN ALFORD
jovan.alford@metro.us

The Philadelphia Phillies have reportedly made their first impactful move of the offseason. According to Ken Rosenthal of The Athletic, the Phillies and Seattle Mariners have agreed to a trade that will send All-Star shortstop Jean Segura, left-handed reliever James Pazos, and right-handed reliever Juan Nicasio to Philly in exchange for shortstop J.P. Crawford and first baseman Carlos Santana.

For this deal to take place, the 28-year-old Segura waived his no-trade clause. Over the Thanksgiving break, it was initially reported by Jon Morosi of MLB.com that the Phillies were one of the teams interested in Segura along with 24-year-old closer Edwin Diaz.

The San Diego Padres and New York Yankees, who acquired Mariners starting pitcher James Paxton late last month, also showed interest in the versatile infielder.

Even though the Phillies could not get their hands on Diaz, whom the Mariners reportedly traded, along with veteran infielder Robinson Cano, to the New York Mets in a blockbuster seven-player deal, they are getting a very good player in Segura, who will be an instant upgrade at the plate and in the field.

This past season, Segura hit .304/.341/.415 along with 10 home runs and 61 RBI. In addition to his high batting average, the veteran infielder also showed great patience at the plate, which fits in with manager Gabe Kapler's system.

In 586 at-bats, Segura only had 69 strikeouts and 32 walks but had an impressive batting average of .303 with RISP (runners in scoring position). Last season as a team, the Phillies drew 582 walks, ranking them third in the National League; however, they had issues driving in runners.

The potential addition of the 28-year-old All-Star should help the Phillies solve some of their RISP issues. Along with what he brings to the table offensively, Segura will be a hell of a defensive upgrade over Crawford, who struggled to stay healthy this past season and will allow Kingery to possibly return to his natural position at second base.

At shortstop last season, Segura only had 17 errors and a fielding percentage of .969, which is a vast improvement from 2017 where he had a .962 Fld%. Crawford, on the other hand, had a fielding percentage of .933 in limited action at shortstop, while Kingery posted a solid fielding percentage of .975.

Speaking of Crawford, the former first-round pick never materialized into the All-Star-caliber player that everybody expected due to injuries. Last season, the Long Beach, California, native only played in 49 games and hit a pedestrian .214/.319/.393 with three home runs and 12 RBI in 138 plate appearances.

Nevertheless, he should get a chance to become the starter in Seattle and learn from Dee Gordon.

How about Santana? Why are they giving up on him so early in his contract?

Last year around this time, the Phillies signed the veteran slugger to a three-year, $60 million deal to provide some offensive firepower in the batting order. However, that did not come to fruition as he only hit .229/.354/.414 with 24 home runs and 86 RBI.

He also drew 110 walks in 560 at-bats, which was the second-best mark of his career. But Santana did not do a good job of bringing runners home as he hit .229 with RISP.

When you factor in Santana's performance at the plate, along with the idea of the Phillies moving Rhys Hoskins back to first base next season full-time, there was no room for him in Philadelphia's future plans.

All in all, this trade works out for both teams as the Mariners get a cheaper option in Crawford, while the Phillies get an All-Star infielder who is only owed $58 million until 2022. And Philly gets rid of Santana's contract, as he is owed $35 million over the next two seasons.

Temple happy to Duke it out in Independence Bowl

Chapelle Russell (No. 3) of the Temple Owls. GETTY IMAGES

The Owls will make their fourth straight bowl game appearance later this month.

JON MARKS
sports@metro.us

Finding out you're playing Duke in a postseason game often can ruin your appetite.

But no offense to Duke's David Cutcliffe, these aren't Mike Krzyzewski's Blue Devils — filled with All-Americans and surefire NBA Lottery picks. The Temple Owls will be facing them on Dec. 27 in the Walk-On's Independence Bowl in Shreveport, LA (1:30 p.m. ET, ESPN).

However, that's not to suggest this 7-5 Duke team that finished sixth in the ACC, but beat bowl-bound Army and Northwestern along the way, will be a pushover for Geoff Collins' gang.

Yet, it's certainly a game the 8-4 Owls can win, especially when you consider they've already knocked off Maryland, Navy, Houston, South Florida, and gave unbeaten Central Florida a big scare this season in Orlando.

For Temple's seniors, who'll be going to a bowl game for a school-record fourth straight year, while becoming the winningest class in school history (35), it's a chance to put a cap on their memorable careers.

"As the all-time winningest class we want to leave our mark," said defensive tackle Michael Dogbe, who recalls the skepticism around him when he was being recruited to join a 2-10 Temple team.

"There wasn't much to say about the program then. What motivated a lot of guys was the opportunity to change the program," he said.

"Being part of that turnaround and making Temple a winning team means a lot. I think back to my freshman year when we went 6-6 and [were] unable to go to a bowl game, and seeing seniors like Kenny Harper tell us not to let that happen again."

To Temple's credit, they haven't. Over the last three years, the Owls have played Toledo, Wake Forest and Florida International in the Boca Raton, Military and Gasparilla Bowls, respectively, dropping the first two before posting a 28-3 win over FIU in St. Petersburg last season.

Now those seniors have a chance to not only even their bowl record, but leave on a high note.

"We just can't wait to show the country what Temple football's made of," said wide receiver Ventell Bryant, the Owls' career leader in receptions (169) and yards received (2,143).

"We've beat some prestigious programs, why not finish the season with a bang beating Duke? They're an ACC team, so we want to show we're at their level matching up. We have a lot to prove," he added.

But having gone to four bowl games four years in a row, the Owls know the routine. While they intend to savor the moment, they also know their main goal is to come home with a "W."

"Bowl games are extremely hard to get to and hard to win," said Bryant, who credits former teammate Keith Kirkwood, now with the New Orleans Saints, for much of his improvement.

"Once you get down there, a lot of things can sidetrack you from the ultimate goal. If you're not familiar with going to a bowl game, it's tougher to prepare yourself," he explained.

"This is not a time to have fun, kick back and relax."

The seniors, who learned that the hard way, now want to impress that on the younger guys.

"We want to go out there and have fun, but also take care of business," said Dogbe, who'll be going up against Duke's explosive quarterback Daniel Jones, who has passed for 2,251 yards and 17 touchdowns.

"I remember the first bowl game I went to, guys were pretty excited and didn't know how to handle the situation. Now our mindset is to try to get that ninth win."

Meanwhile, Collins, out on the recruiting trail and deflecting rumors he might be in line for the Georgia Tech job — where he once served as an assistant—will focus on getting ready for Duke.

"We're excited about the opportunity to play an ACC opponent who's well-coached and talented," said Collins, who refused to comment on the condition of quarterback Anthony Russo, who missed the Connecticut game with some kind of arm injury.

"Coach Cutcliffe and his staff do a phenomenal job. Their quarterback is arguably one of the best in the country, so it's a big challenge."

LEGAL & PROFESSIONAL SERVICES
To advertise call Susan Peiffer at 215-717-2695 or email susan.peiffer@metro.us

SIDEWALK FALLS
Nobody Fights Harder. Nobody!
NO FEE UNTIL YOU GET PAID
24-HOUR Emergency • 215-480-3200
215-496-1100
SAUL LAW FIRM - 1313 Race St. Phila, PA

SLIP AND FALL
Our Law Firm handles all FALL DOWN Claims
Free Consultation 24/7
215-268-7800
1617 JFK Blvd., Suite 355 Philadelphia, PA 19103
SLIPANDFALLGUYS.COM

DIVORCE $200*
NO FAULT UNCONTESTED
No Court Appearance Needed
DIVORCE GUIDES
5 Months = $200*
8 Weeks = $350*
4 Weeks = $500*
*Plus $100 Court Filing Fee
215-854-6340
Aaron I. Rappeport, Esq. • 1515 Market Street Suite 1200 Philadelphia Pa
www.DivorceGuides.net

INJURED AT WORK?
WE WILL FIGHT FOR YOU
• WORK INJURIES • SOCIAL SECURITY DISABILITY
• PERSONAL INJURY CLAIMS
FREE CONSULTATION
SE HABLA ESPANOL
ADAMS RENZI AR LAW
CHRISTY ADAMS, ATTORNEY
NICK RENZI, ATTORNEY
CENTER CITY • 1429 Walnut St.
NORTH PHILA. • 227 W. Lehigh Ave.
CALL US AT: 215-546-4208

CANCER
MEDICAL MALPRACTICE
DEFECTIVE PRODUCTS
Evaluations by Attorney named top 1% of attorneys nationwide, PA Super Lawyer, and Life-time member of Million Dollar Advocates Forum.
Millions of Dollars Recovered for Injured Clients
Emmanuel Law Firm, LLC
Two Penn Center, 1500 JFK Blvd.
No Recovery-No fee/Free Consultations
Home/Hospital Visits
215-567-0493
Call or email us today
www.emmanuellawfirm.com

INTERNATIONAL BUSINESS LAW
Transactions · Strategy
Disputes · Innovation · Insight
SEMINAR SPEAKER ON INTERNATIONAL BUSINESS AND LECTURER IN CHINA
Author, Philadelphia Bus. Journal Former Co-Chair, Intl' Business Section, Phila Bar
J. Michael Considine, Jr., P.C.
215-564-4000
1845 Walnut St. Suite 1199 Philadelphia
MANY YEARS OF EXPERIENCE MANY GREAT RESULTS

MEDICAL RESEARCH

To advertise call Jennifer Lydon at 215-717-2694 or email jennifer.lydon@metro.us

WORRIED ABOUT HIGH BLOOD PRESSURE?

Learn about a clinical study of an investigational procedure

Many people with high blood pressure try to follow a healthy diet, exercise and take medications – yet their blood pressure is still high.

Take our quiz to find out if you qualify at HBPStudy.com or 267-668-0620

HBPSTUDY | Penn Medicine

SHOULDER PAIN?

- While sleeping on your side?
- When raising your arm?
- During overhead activity and self-care?

If you answered YES to any of these, and are between the ages of 21 to 55, you may be eligible for an NIH-funded study exploring the effects of exercise on pain and rotator cuff muscle function.

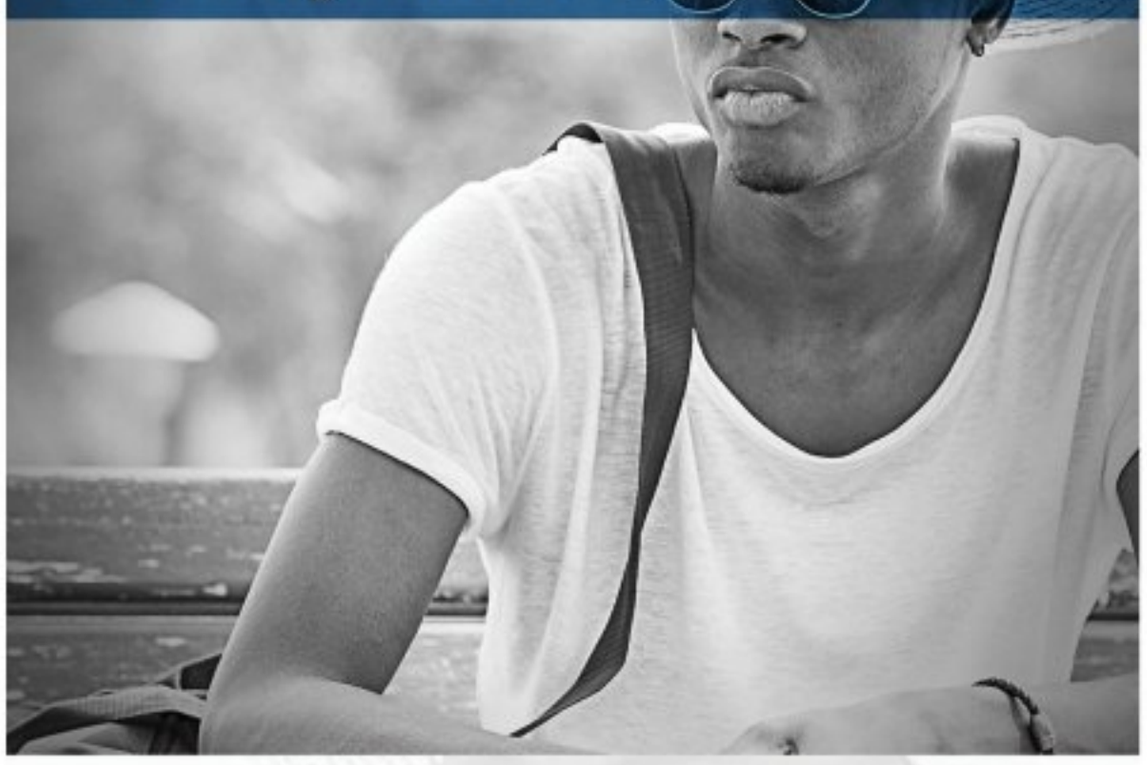
For more information, visit **arcadia.edu/SRC** or email **shoulderstudy@arcadia.edu**

ARCADIA UNIVERSITY
SHOULDER RESEARCH CENTER

Compensation available for eligible participants

Treatment provided at no cost

Are you or someone you know FEELING DOWN, DEPRESSED, OR HOPELESS and living with HIV?



You may be eligible for a research study using an FDA approved medication and therapy at the University of Pennsylvania. Call us at 215-573-2881.

Must be Between the Ages of 18 - 65 & HIV Positive • 10-Week Study • Compensation Provided

Contact Us:
215-573-2881
tides@pennmedicine.upenn.edu

Perelman School of Medicine
University of Pennsylvania

LEGAL NOTICES

Medical Mistakes

Cerebral Palsy
Birth Injury
Amputations
Cancer Misdiagnosis
Surgery Mistakes
Hospital Death

Doctor-Lawyer on staff

Over $100 million

recovered as co-counsel

Law Offices of Tai Y. Wong
www.tymdjd.com
215·592·9750
Free Initial Consultation. No Recovery-No Fee
1101 Market Street, Aramark Tower Suite 2820, Philadelphia, PA 19107

ITEMS WANTED

WANTED! ALL FIREARMS

Military/Hunting ★ Gun Collections
Military Artifacts ★ Swords/Bayonets
Antique/C&R
We pay CASH on the spot!
Call John now... 610-716-5353
email: antiqueandrareguns@gmail.com
Federal Firearms License Holder

SERVICES

CA$H TODAY!!

FOR DIABETIC TEST STRIPS!!
#1 IN CUSTOMER SERVICE • MOST BRANDS ACCEPTED

WE PAY YOU MORE!! UP TO $60 PER BOX!!
(MUST BE UNOPENED AND NON-EXPIRED TEST STRIPS)

WE PICK UP!
CALL (484) 447-1223
TO SCHEDULE A PICK UP TODAY!

CA$H PAID

FOR DIABETIC TEST STRIPS!
ABSOLUTE TOP VALUE
MOST BRANDS ACCEPTED
PAY UP TO $60 PER BOX
WE PICK UP
Call James 610-453-2525

ITEMS FOR SALE

NEED CASH?

Buying Diabetic Test Strips, Nicotine Patches/Gum
$ PAYING up to $50/Box $
215-425-7897
DROP OFF 1802 EAST ALLEGHENY AVE (K&A)

$$$ CASH PAID $$$

BUYING NICOTINE PATCHES / GUM AND LOZENGES
We Pickup
215-395-7100

MITCHELL TEST STRIPS INC

We buy Diabetic Test Strips
We will pay up to $60 per box
We will pick up
GUARANTEED
CALL #215.820.4312

metro CLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

General Help Wanted

SCHOOL BUS DRIVERS
AND BUS ATTENDANTS WANTED

- Immediate Openings
- Competitive Wages
- Benefits Package
- Benefit Rate and Non-Benefit Rate
- Training Available for CDL and Non-CDL Drivers
- Classes Forming Now
- $500 SIGN-ON BONUS FOR DRIVERS WITH CURRENT CREDENTIALS

Please Apply in Person
Monday through Friday
9:00am to 3:00pm

Mechanic Needed! Comp Salary, Great Benefits!

Maintenance Clerk Needed! Must know Excel, Great Pay! 9am-5pm/ can be flexible

TTC TOTAL TRANSPORTATION CORP.

3101 Orthodox Street, Philadelphia, PA 19137

215-383-0470

TTC TOTAL TRANSIT CORP.

Non-CDL Drivers Wanted

$13.00 Starting Pay

Paratransit Operations

Immediate Positions Available
Paid Training / Benefit Package
Match of salary with experience!
Flexible Shifts Available
Safety Bonus Incentives
Great Company Culture

Apply in Person
Monday through Friday • 9:00am to 3:00pm
4201 Tacony Street, Philadelphia, PA 19124
215-992-8000
Apply Online: www.philly.totalbusco.com

HEALTHCARE CAREER CONNECTIONS

Are you interested in a career in Healthcare?
Are you age 17-21?
Do you have a High School Diploma/GED?

Healthcare Career Connections is an eight week program to prepare you for a rewarding career in the healthcare industry.
Classes Start: 10/30/18, 1/14/19, and 3/12/19.
Information sessions held every Monday at 11am.

Benefits
- Paid internship in the healthcare industry
- Free weekly transpass • Weekly cash incentives
- Free work uniforms and supplies
- Free career coaching to help you get and keep a job

EDSI

For more information call 267-448-0101
or email jhill@edsisolutions.com
This program is sponsored fully or in part by Philadelphia Works, Inc.

DRIVER / PARATRANSIT
Abington, PA

Up to $15/Hour

- Interview today start tomorrow
- Paid Training
- Location close to Septa Bus and Regional Rail
- Bonus Program paid with each pay

Call **215-517-7938**

REAL ESTATE

Real Estate for Sale

HOUSE FOR SALE
$633.59 a month
3 Bedrooms, Excellent condition
Nick's Real Estate
(215) 425-3500

Real Estate Wanted

We Buy Houses!
215-552-8104

Rentals

UPPER DARBY! 69th ST. AREA! APARTMENTS AVAILABLE NOW!
NEWLY RENOVATED UNITS!
1/2 Off 1st Month Rent!
WE PAY HEAT!!!
$600-$900
Studio, 1 & 2 Bedrooms
PLEASE CALL: 610-734-2360

Rooms for Rent

ROOMS FOR RENT
SW, North, G-town & West.
W/cable. All utilities included.
Call 215-806-7078

metro CLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us

CARS

Vehicles Wanted

WE BUY CARS & TRUCKS
(any condition)
$100--$5000
CASH PAID
FREE TOWING
SAME DAY PICKUP
267-229-1970

$$$ UP TO $1100.00 $$$
For Cars w/Bad Engines
w/ or w/out title
500.00 CASH $$$
For Any Junk Cars or Trucks
215-669-1000

WE BUY JUNK CARS!
Top dollar paid in CASH!
Free pickup!
Call: 609-367-4437
or 215-730-0900

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

ENTERTAINMENT

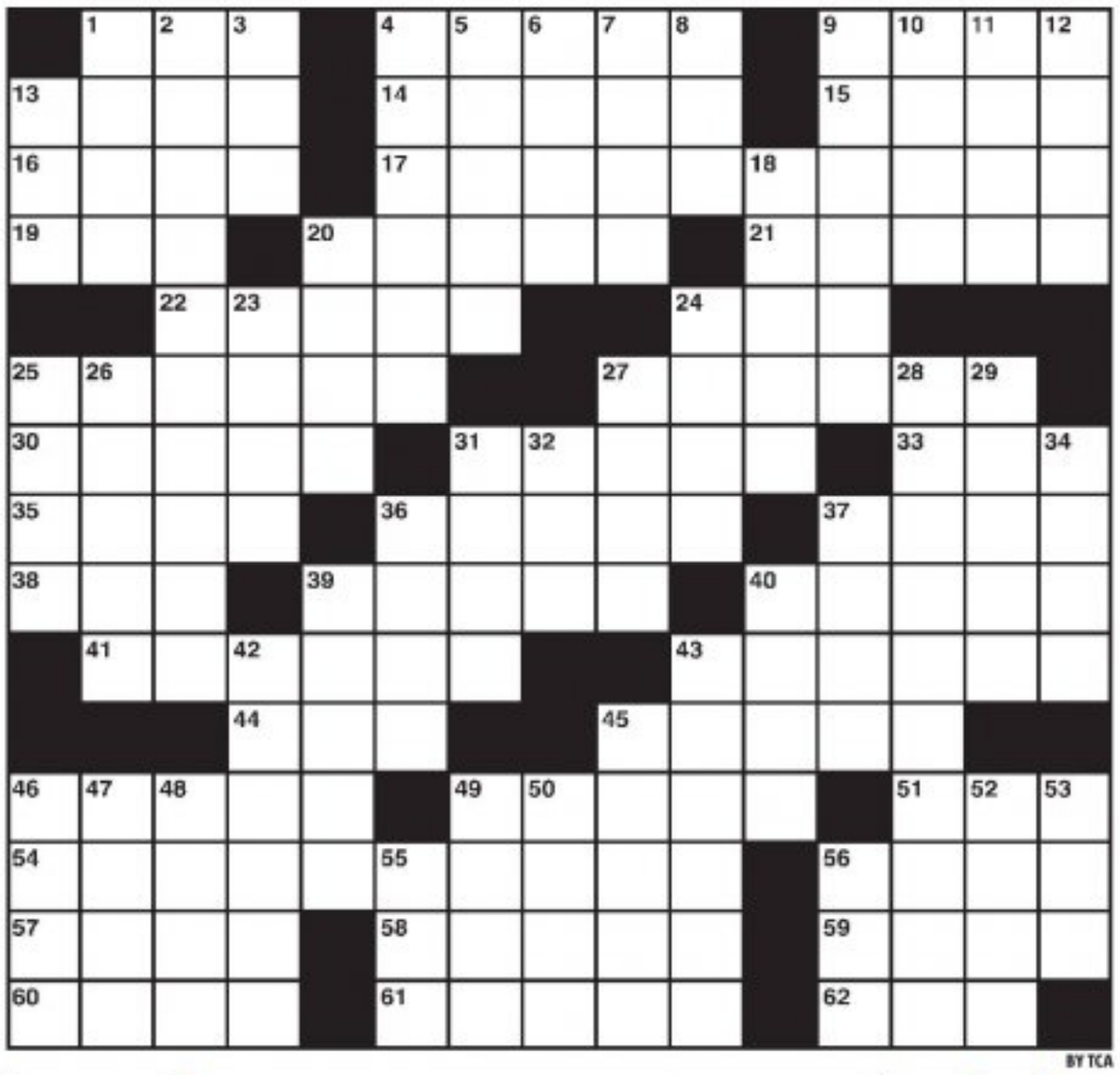
metro CLASSIFIEDS
To place an ad call 866-900-9473

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

GAMES

metro.us/crossword

Powered by Arkadium



ACROSS

1 Winter month: abbr.
4 Like a rash, often
9 Male animal
13 Grandma
14 Wild brawl
15 Rise & fall of the waves
16 "Queen for __" of old TV
17 Not at all radical
19 Become firm
20 __ into; meets unexpectedly
21 Hurts
22 Secluded valleys
24 Noisy bird
25 Visible fold
27 Lifts with effort
30 Fertile area in a desert
31 Bawls
33 Kanye West's music
35 __ up; incite
36 Leo XIII & Pius X
37 Surfboard support
38 __-tac-toe
39 Dens & kitchens
40 Relinquish voluntarily
41 Acting awards
43 John the Baptist or Joan of Arc, e.g.
44 Largest club
45 Slogan
46 Frighten
49 Short-tailed weasel
51 Curved edge
54 Deep cut
56 Zero
57 Carney & Garfunkel
58 True and __ test
59 Lightly tap a baseball
60 Clutter
61 Wooded
62 Pack animal

DOWN

1 Green ring stone
2 Painkillers
3 Negative vote
4 Not susceptible
5 Orioles & Cardinals
6 Paper __; staple alternative
7 Female birds
8 Simple reply
9 Alley cats
10 Wedding cake level
11 First man
12 Topaz & ruby
13 Unpleasant spouse
18 Chiang Mai residents
20 Mrs. Truman
23 Lion's den
24 Biden & Montana
25 Expense
26 Numerical comparison
27 Rushes
28 Disloyal to one's nation
29 Streetwise
31 Sounds of contentment
32 Record speed letters
34 One's equal
36 Tiny skin opening
37 Where to apply Compound W
39 Petty or Andretti
40 "W" on a light bulb
42 Hug
43 __ and groaned; complained
45 Bullwinkle, for one
46 Close noisily
47 Give a hoot
48 __ up; misbehaves
49 "When You Wish Upon a __"
50 Mah-jongg piece
52 Traveler's stops
53 Largest U.S. opera house
55 Toward a ship's stern
56 Org. for Rockets & Raptors

BY TCA

metro.us/wordsearch

Z	N	A	M	S	G	N	I	K	M
A	O	N	G	R	I	T	O	B	C
I	K	S	W	O	B	E	L	R	R
D	R	S	Q	U	Q	H	A	I	T
M	J	O	G	E	X	Z	P	D	R
F	U	Y	N	B	Y	D	N	G	A
F	F	T	T	M	D	U	D	E	E
E	L	R	O	Y	A	L	E	S	H
J	N	U	R	I	Q	N	R	Z	H
Y	L	E	G	A	C	Y	R	W	D

Big
Bridges
Crazy
Dude
El Royale
Grit
Heart
Iron Man
Jeff
Kingsman
Lebowski
Legacy
R.I.P.D.
Tron
True

metro.us/wander

Category: Sports Team

O	S	E	L	
B	T	C	T	S
	O	N	I	C

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

			6	1	8			7
8	2				3		9	
6	7	3		4	9	8	5	
	3			9	5			6
	6	9	4		7	5	8	
4			3	6			7	
	1	6	9	8		3	2	5
	8		7				6	9
5			1	3	6			

PLAY ANYTIME, ANYWHERE

Find these games and MUCH MORE at games.metro.us

Yesterday's Answers

P	E	G			S	A	L	E	M		A	R	C	H
A	X	E	S		T	R	A	L	A		S	I	L	O
W	A	N	T		R	O	M	A	S		S	C	A	R
	M	E	R	R	I	M	E	N	T		I	O	W	A
			A	I	D	A			E	S	S			
I	M	B	I	B	E		S	T	R	A	I	G	H	T
N	O	O	N	S		F	I	R	E	D		L	A	W
C	O	O	S		P	A	G	E	D		D	A	L	E
A	L	S		S	H	I	N	E		L	A	D	L	E
S	A	T	C	H	E	L	S		S	O	R	E	S	T
			A	H	A			M	A	U	L			
O	W	L	S		S	T	R	A	N	D	I	N	G	
D	R	A	T		A	R	I	S	E		N	E	O	N
D	I	V	E		N	I	C	K	S		G	A	T	E
S	T	A	R		T	O	A	S	T			R	A	W

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro Philadelphia 2401 Walnut Street, Suite 102, Philadelphia, PA 19103 • **main** 215-717-2600 • **to advertise** 215-717-2695 • **Press releases** pressrelease@metro.us • **Associate Publisher** Susan Peiffer • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** adsphilly@metro.us • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Terry Moseley, Terry.Moseley@metro.us • **News Editor** Jeff Tomko, Jeff.Tomko@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Jovan Alford, jovan.alford@metro.us • **Features Editor** Matthew Juul, matthew.juul@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

Windows & Doors Triple Savings Event

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company

Until Dec. 31st, we're discounting our most popular products

1 Save $327
on every window[1]

+

2 Save $838
on every entry door[1]

+

3 Save $838
on every patio door[1]

+

NO Money Down | NO Payments | NO Interest
FOR 1 YEAR[1]

Andersen:
Renewal by Andersen is the only full-service replacement window division of Andersen, the window company that homeowners trust.

Certified Master Installers:
When it comes to installations, experience matters. Our crews have installed thousands of windows and must pass our tough certification program. And if they're not respectful and clean, we won't hire them.

Superior Material:
Our composite Fibrex® window material is 2X stronger than vinyl, which is why our windows will last for years.**

Renewal by Andersen
WINDOW REPLACEMENT
an Andersen Company

CERTIFIED MASTER INSTALLER

CUSTOM BUILT IN THE USA

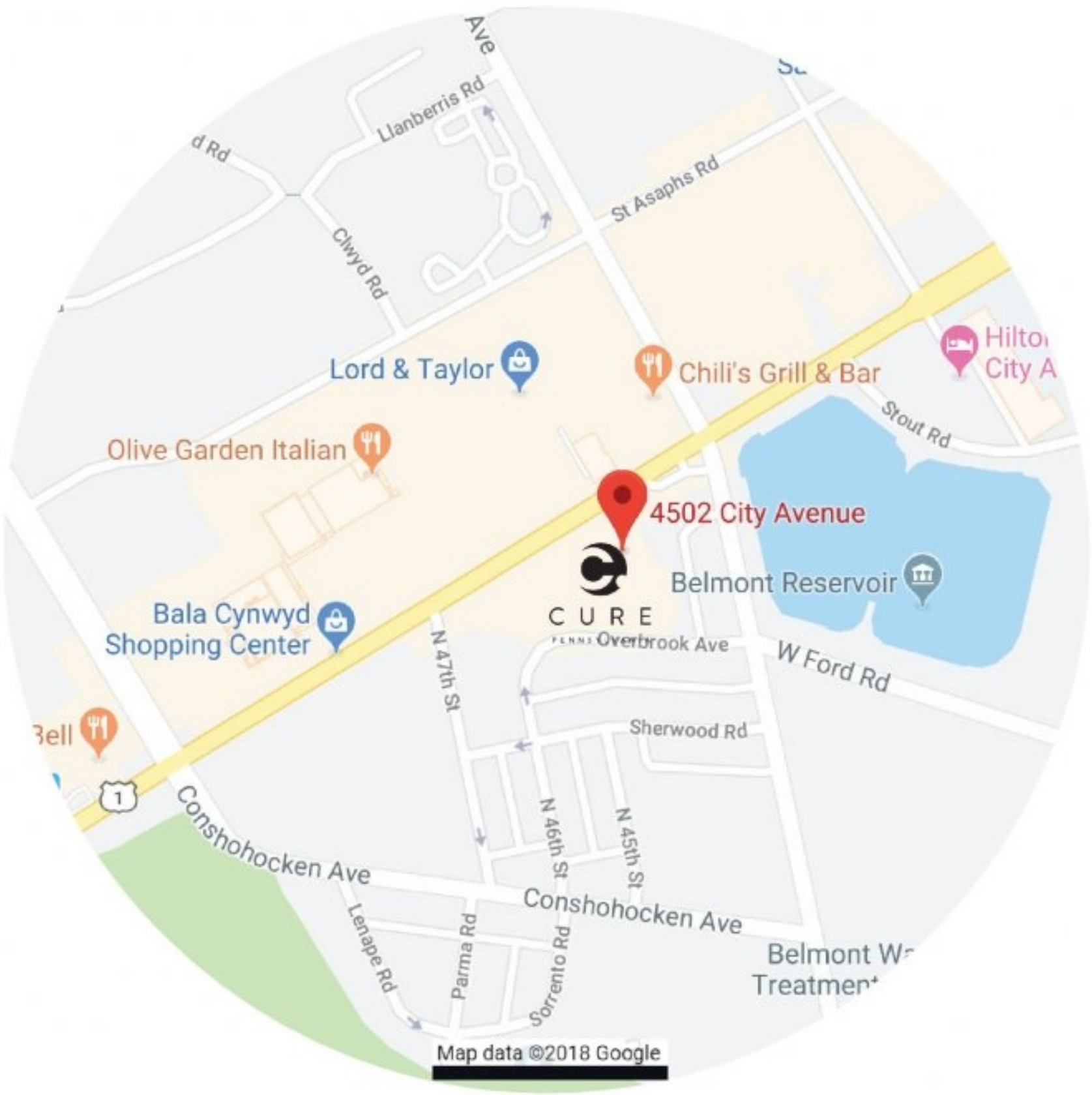
Call for your Free Window and Door Diagnosis

215-607-8181

[1]**Renewal by Andersen of Greater Philadelphia is an independently owned and operated affiliate operating in the Delaware Valley (PA, NJ, DE).** Offer not available in all areas. Discount applied by retailer representative at time of contract execution and **applies to purchase of 3 or more windows and/or entry or patio doors**. Cannot be combined with other offers. To qualify for discount offer, initial contact for a free Window and Door Diagnosis must be made and documented on or before 12/31/18, with the appointment then occurring no more than 10 days after the initial contact. No payments and deferred interest for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only, and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. PA Lic. # 001884. NJ Lic. # 13VH05055400. J&M Windows, Inc, d/b/a Renewal by Andersen of Greater Philadelphia. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2018 Andersen Corporation. All rights reserved. ©2018 Lead Surge LLC. All rights reserved. *Using U.S. and imported parts. **See limited warranty for details.

www.metro.us

#FindYourCure



#FindYourCure

curepenn.com

#FindYourCure

#FindYourCure

FULL INVENTORY OF MMJ PRODUCTS

Online menu available 24/7

4502 City Ave
Philly
curepenn.com